

# Nursery to 5<sup>th</sup> Grade

## First Semester After School Activities

**After School Activities will begin on Monday, August 9<sup>th</sup>**

*Please refer to the Dismissal Procedures at the end of this document*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nursery	Yoga	Swimming	Plastic Arts	Swimming	Motor Skills
Pre K	Soccer	Swimming	Plastic Arts	Swimming	Karate
	Yoga				
Kinder	Soccer	Swimming	Gymnastics Plastic Arts	Swimming Dance	Karate Yoga Gymnastics
		Chess			
1st & 2nd	Karate	Swimming Tennis Chess	Soccer Gymnastics	Swimming Dance	Basketball Yoga Gymnastics
	Plastic Arts				
3rd- 5th	Swimming	Soccer Chess Dance	Swimming Gymnastics Karate	Basketball Guitar Club Yoga	Gymnastics Soccer
	Tennis				
	Plastic Arts				

### **Boys & Girls SOCCER– Diego Varela, Juan Manuel Gómez and Diego Gutiérrez (Soccer Field)**

Practices will be run co-ed with full drills, scrimmages and intramural games. Interscholastic competitions will start as soon as schools are allowed to.

Important: Soccer uniforms, which are mandatory for games, are available at Cecilia Chiarino's store ([www.mcchuniformes.com](http://www.mcchuniformes.com)).

Children will be expected to respect physical distancing during practice breaks, coaches' explanation times and while waiting in line.

Tentative games schedule:

August: 21, 28

September: 4, 11

October: 2, 9, 16, 23, 30

November: 6, 13, 20

**KARATE – Dr. Andrés Martínez (Early Childhood playground, Auditorium)**

Far from being a violent interchange as sometimes shown in films, karate is a *self-defense* method based on the quest for *peace and tranquility*, which aims at *achieving self-control*. The practice of karate is especially recommended *to increase self-esteem and concentration and to decrease violence and aggression*.

Cost: 150 dollars per semester, for payment contact Dr. Martinez at [doctormartinez1234@gmail.com](mailto:doctormartinez1234@gmail.com). We need a minimum number of 6 students to open Monday & Friday groups. If we do not reach that numbers, both groups will merge and have the class on Friday.

MAXIMUM CAPACITY PER CLASS: 15 STUDENTS on a first-come, first-served basis. Students exceeding this number will be placed on a waiting list.

**GROSS MOTOR SKILLS – Florencia Pérez (Green Areas, Gym, Early Childhood Playground)**

A space for children to develop their movement skills through games. Groups limited to 10 students on a first come, first served basis.

**DANCE CLUB – Mariana García (Mariana Garcia Dance Studio, Yamandú Rodríguez 1320)**

Students will be taught different and varied rhythms: Pop music, Latin rhythms, as well as other specific rhythms that marked an era and style such as Charleston and Rock and Roll. Classes have a dual purpose: that girls can dance to the music they hear today, and other music that the course will introduce to them. At year's end the girls may present several choreographies based on work done during the course.

**Students will ride a school bus to the studio and parents will be responsible for picking them up at the Studio at 4.55 PM.**

Cost: 4000 pesos for the semester. To arrange payment, please contact Mariana. ([marianayestrella@hotmail.com](mailto:marianayestrella@hotmail.com) or 095 799020). We need a minimum of 4 students to open the group.

**PLASTIC ARTS WORKSHOP – Laura Moras (Arts Room)**

Plastic Arts is about expression, joy, pleasure and communication through Art. During the creative process, the child transmits his/her inner world and how the surrounding environment affects it. In this Workshop, we experiment with diverse techniques of the Plastic Language: painting, India ink, drawing, collage, model making, construction, clay, ceramics... and much more. The educational method and materials vary according to the students' age-group. Thus, the younger kids are offered a freer, more playful approach, whereas the older ones are introduced into more technical aspects, but always stimulating the child's creativity and personality. This method builds self-confidence and sensitivity, stimulating the children's interest towards art and group work.

Laura is a well-recognized Uruguayan artist and teacher. You can check her work at her Instagram [@atelierlauramoras](https://www.instagram.com/atelierlauramoras)

Cost 9000 pesos for the semester. Please contact Laura to arrange payment ([lumoras@adinet.com.uy](mailto:lumoras@adinet.com.uy) or 098 371251). We need a minimum number of 4 students to open the groups. MAXIMUM CAPACITY PER CLASS: 12 STUDENTS on a first-come, first-served basis. Students exceeding this number will be placed on a waiting list.

### **TENNIS SCHOOL– Santiago Carballal (Scuola Club – Acosta y Lara 7318)**

Students will ride a school bus to the Scuola Club right after school and parents will be responsible for picking them up at the academy at 5 pm. If you don't have a racket, we'll lend you one!

Cost: 4500 pesos for the semester. Please contact Santiago to arrange payment ([santi479@gmail.com](mailto:santi479@gmail.com) or 098 507057). We need a minimum of 6 students to open the group

### **CHESS – Eduardo Salchi (Cafeteria)**

A game of skill and ultimately, of strategy.

Cost: 4000 pesos for the full semester. Please contact Eduardo to arrange payment ([jugandoajedrez@gmail.com](mailto:jugandoajedrez@gmail.com) or 096 306388). We need a minimum number of 8 students to open the group.

### **GYMNASTICS - Florencia Ferrer (Escuela de Desarrollo Gimnástico EDG - Beranguer 6596)**

Florencia Ferrer, a former UAS PE teacher and coach is the director of EDG, an institution specialized in gymnastics in all its levels and ages, with 18 years of experience. The school counts with one of the best facilities in the country, with all four events of women's gymnastics: vault, bars, beam and floor and the complementary material (mats, air tracks, etc.) necessary to achieve a better teaching methodology and safety.

All coaches are specialized in both gymnastics and educational areas, so that a pleasant and fun environment is achieved while developing strength, flexibility, coordination, posture, elegance, etc., through the teaching of specific techniques in a correct and safe way.

Classes will be organized separating the groups by age and level, with a teacher in charge of each one, in order to meet the needs of each individual.

You can learn more about EDG work and facilities at IG: @edgimnastico or FB: EDG Escuela de Desarrollo Gimnástico.

Students will ride a school bus to EDG and parents will be responsible for picking them up at EDG at 5.10 pm.

Cost: One class a week \$7200 per semester. Two classes a week \$11500 per semester. To arrange payment, please contact Florencia ([edgimnastico@gmail.com](mailto:edgimnastico@gmail.com) or 099 698992). We need a minimum number of 5 students to open the group.

### **YOGA FOR CHILDREN – Montserrat Albín**

Yoga is an ancient methodical practice of self-knowledge for self-improvement in various levels.

The early practice of the techniques, through a playful-experiential methodology, will provide children integration and balance. Hence the skill and power of awareness can be developed.

**Aim**: Connect and align mind, heart and hands.

**Objectives**: To develop awareness of oneself and the relation with the environment, cultivating personal codes. Develop and promote positive thinking and correct body-mind posture. Evolve breathing awareness and respiratory management to calm, revitalize or balance. Experience pause, silence and learn to relax.

Focus the attention to bloom concentration that develops the cognitive functions and develop the power of awareness.

Cost: USD 150 for the semester (includes yoga mat and yoga eye-pillow). To arrange payment, please contact Montserrat ([montserratalbin@gmail.com](mailto:montserratalbin@gmail.com) or 098 863748). We need a minimum

number of 5 students to open the group. If we do not reach that number, groups will be combined into two. **MAXIMUM CAPACITY PER CLASS: 12 STUDENTS** on a first-come, first-served basis. Students exceeding this number will be placed on a waiting list.

**GUITAR CLUB – Bernardo García (Music Classroom)**

Learning guitar for beginners! Group is limited from 3 to 5 students, first come, first served! Please bring your guitar if possible. Besides being a guitar teacher and having attended several workshops, courses and seminars, Bernardo is currently studying for a bachelor degree of Musical Composition at the Escuela Universitaria de Música.

Cost: 5300 pesos for the semester. To arrange payment contact Bernardo ([bgr.musica@gmail.com](mailto:bgr.musica@gmail.com) or 099 278221).

**SWIMMING – (Complejo Deportivo Naval: Lido 1676)**

**Nursery to 2<sup>nd</sup> Grades – Elena Bauer** (Tuesday & Thursday)

Students will ride the bus from UAS to the Complejo Naval, but parents will be responsible for picking up their child there at **5:15 PM**. Students may swim on Tuesdays only, or on Tuesdays and Thursdays.

Cost:

Tuesday: 12.000 pesos for the semester,

Tuesday and Thursday: 16.500 pesos for the semester.

Please contact Elena to arrange payment ([ebauer@adinet.com.uy](mailto:ebauer@adinet.com.uy) or 099 071330)

**3rd to 5th Grades – Gustavo Gorriarán** (Monday & Wednesday)

Students will ride the bus from UAS to the Complejo Naval, but parents will be responsible for picking up their child there at **5:15 PM**. Students may swim once or twice a week.

Cost:

Monday or Wednesday: 12.000 pesos for the semester,

Monday and Wednesday: 16.500 pesos for the semester.

Please deposit the fee in any of the UAS accounts (information at the end of this document) and inform finance once it's done.

**BASKETBALL – Jeff Granger & Florencia Somma**

Practices will be run co-ed, focused on skills and scrimmages.

**To sign up for activities, please complete the appropriate form**

**[Early Childhood Sign Up Form](#)**  
**[Elementary Sign Up Form](#)**

**before Friday, August 6<sup>th</sup> at 5:00 PM**



## **AFTER SCHOOL ACTIVITIES DISMISSAL PROCEDURES**

### **During activities**

1. All students must bring their own water bottle.
2. Students must wear the appropriate clothing.
3. Students will not wear facemasks while practicing physical activity.
4. Materials will be disinfected prior to and after activities are over.

### **Dismissal (4.40 PM)**

1. Late Bus service will be available starting on August 9<sup>th</sup>. Please contact Eduardo (099 664 581) for Carrasco bus or Jorge (099 663 701) for Pocitos bus to arrange transportation.
2. Parents of Grade 1 to Grade 5 students should remain in the car. Students will be guided to the parking lot and accompanied by a coach.
3. Parents of Nursery to Kinder students may pick up their child at the front entrance.

## **UAS BANK ACCOUNTS**

When crediting the school's account, identify the name of the student or students for whom the payment applies. After the payment has been made, please send a copy of the bank receipt by email to Natalia Calvo: ncalvo@uas.edu.uy.

For international wire transfers include USD 50 for bank charges.

<b>BANCO ITAU</b>
Carrasco Branch / <i>Sucursal Carrasco</i> : Gabriel Otero 6402-Montevideo,Uruguay
U.S. dollar account No. / <i>Nº Cuenta dólares estadounidenses</i> : <b>1.713.858</b>
Uruguayan pesos account No./ <i>Nº Cuenta pesos uruguayos</i> : <b>3.419.055</b>
International wire transfer (U.S. dollars) / <i>Transferencia bancaria internacional (dólares estadounidenses)</i> :
Intermediary Bank / <i>Banco Intermediario</i> : <b>JP Morgan Chase Bank N.A. (New York)</b> Swift Code: CHASUS33 ABA: 021000021
Beneficiary Bank / <i>Banco Beneficiario</i> : <b>Banco Itau Uruguay S.A.</b> Swift Code: ITAUUYMM
Holder / <i>Titular</i> : <b>Uruguayan American School</b> U.S. dollar account No./ <i>Cuenta dólares estadounidenses Nº</i> : <b>1.713.858</b>



<b>BANCO SANTANDER</b>
Branch 73 (Carrasco) / <i>Sucursal 73 (Carrasco):</i> Arocena 1577-Montevideo, Uruguay
<i>U.S. dollar &amp; Uruguayan pesos account No. / N<sup>o</sup>cuenta dólares estadounidenses y pesos uruguayos: <b>1.200.615</b></i>
International wire transfer (U.S. dollars) / <i>Transferencia bancaria internacional (dólares estadounidenses):</i>
Intermediary Bank / <i>Banco Intermediario:</i> <b>Wells Fargo</b> Swift Code: PNBPU33NNYC ABA: 26005092
Beneficiary Bank / <i>Banco Beneficiario:</i> <b>Banco Santander Uruguay</b> -Montevideo Sucursal 73 / Av. Arocena 1577 Swift Code: BSCHUYMM
Holder / <i>Titular:</i> <b>Uruguayan American School</b> Account No./ <i>Cuenta N<sup>o</sup>:</i> <b>1.200.615</b>

<b>BANCO BBVA URUGUAY S.A.</b>
Carrasco Branch / <i>Sucursal Carrasco:</i> Arocena 1675-Montevideo,Uruguay
<i>U.S. dollar &amp; Uruguayan pesos account No. / N<sup>o</sup>cuenta dólares estadounidenses y pesos uruguayos: <b>7.933.622</b></i>
International wire transfer (U.S. dollars) / <i>Transferencia bancaria internacional (dólares estadounidenses):</i>
Intermediary Bank / <i>Banco Intermediario:</i> <b>1. BBVA New York – USA</b> - Swift Code: BBVAUS33 <b>2. Wachovia Bank Philadelphia - USA</b> - Swift Code: PNBPU33PHL
Beneficiary Bank / <i>Banco Beneficiario:</i> <b>Banco Bilbao Vizcaya Argentaria Uruguay SA- Montevideo-Uruguay</b> Swift Code: BBVAUYMM
Holder / <i>Titular:</i> <b>Uruguayan American School</b> Account No./ <i>Cuenta N<sup>o</sup>:</i> <b>7933622</b>